

(WG)= Whole Grain

August Lunch

Serving Sizes (Ages 1-2)	Mon	Tue	Wed	Thu	Fri	Serving Sizes (Ages 3-5)
Protein :1 Ounce / 1/4 cup** Grain: 1/2 Slice/Serv/1/4 Cup Veg: 1/8 Cup Fruit: 1/8 Cup Milk: 1/2 Cup* C	3 Rotini (WG) Mac & Cheese Peas/Carrots Peaches	4 Veg. Baked Beans Saltine Crackers Corn Pears	5 BBQ Chicken Sandwiches Mixed Veggies Oranges	6 Beans & Rice (WG) Peas & Carrots Honey Dew Melon	7 Ground Turkey & Cheese Tacos Salad Apples	Protein :1.5 Ounce / 3/8 cup** Grain: 1/2 Slice/Serv/1/4 Cup Veg: 1/4 Cup Fruit: 1/4 Cup Milk: 3/4 Cup*
	10 Cheese Ravioli Broccoli Apples	11 Meat Sauce Baked Penne (WG) Corn Cantaloupe	12 Chicken & Rice Soup (WG) Mixed Veggies Mandarin Oranges	13 Turkey Sloppy Joe Sandwiches Green Beans Apples	14 Turkey/Cheese Wraps (WG) Corn Apples	
	17 Cheese Quesadillas (WG) Green Beans Mandarin Oranges	18 Cheese Pizza English Muffin Green Beans Oranges	19 Chicken Teriyaki Rice (WG) Broccoli Pineapple	20 Turkey Chili Beans Carrot Sticks Saltine Crackers Pears	21 Chicken Salad Sandwiches Salad Oranges	
	24 Veg. Baked Beans Cornbread Mixed Veggies Oranges	25 Turkey/Cheese Wraps (WG) Green Beans Apples	26 Chicken & Spanish Rice (WG) Mixed Veggies Oranges	27 Meat Sauce Spaghetti (WG) Corn Watermelon	28 Chicken Alfredo Penne Pasta (WG) Broccoli Oranges	
*Whole, unflavored milk is served to children one year of age and 1 percent, unflavored milk to all children two years of age and older.	31 Rotini (WG) Mac & Cheese Peas/Carrots Pears					This institution is an equal opportunity provider.

***Lunch is served with Milk.